



BSSH

The British Society for
Surgery of the Hand

Principles of Hand Therapy

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Specialist Hand Therapist

Horder Centre

Aims of Hand Therapy

- Restore Movement
- Restore Function
- Patient Education



Oedema Management

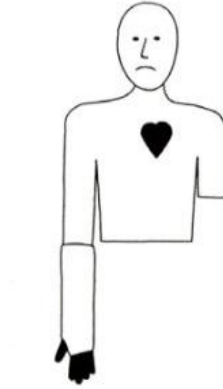
- Pressure garments.
- Elastic Wrap
- Retrograde Massage
- Ice



Elevation



To manage swelling
To manage pain

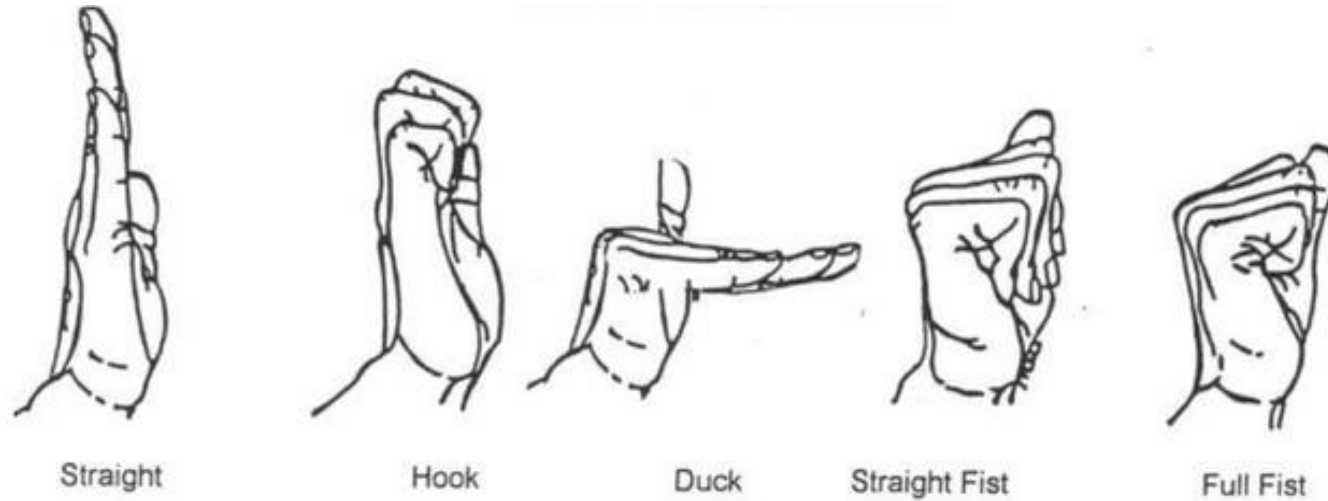


A. LLUCH

Splinting



Active Range of Movement



Tendon Gliding

Graded and resisted
strengthening



Passive Movement

By The Therapist



By The patient



Wound/Management Scar Massage

Using equipment



Using the contra-lateral hand



Pain Management

- Pain limits Movement
- Medication.
- Transcutaneous electrical nerve stimulation -TENS
- Manage swelling



Functional Activities

Purposeful Activities



Patient appropriate



Key Messages

- Surgery is just the beginning
- Educate your patients
- Move it or loose it!



**MOVE IT
OR LOSE IT!®**